




RANGES Gracie Jiu-jitsu
 SELF DEFENCE FOR EVERYONE
Safe · Fun · Simple



Tuesday	Wednesday	Thursday	Friday	Saturday
Mat Munchkins (3-5 yrs) 3:30pm-4:00pm	Private Lesson 12:30pm-1:30pm		MC Technique 2:30pm-3:00pm	MC Technique 11:00am-11:30am
Little Champs (5-7 yrs) 4:00pm-4:30pm		Little Champs (5-7 yrs) 4:00pm-4:30pm	MC Sparring 3:00pm-3:30pm	MC Fight Simulation (No-gi, Gloves, Mouthpiece) 11:30am-12:00pm
Black Belt Club (Kids) 4:30pm-5:15pm		Black Belt Club (Kids) 4:30pm-5:15pm	Women Empowered 4:00pm-5:00pm	MC Fundamentals 12:00pm-1:00pm
Jr. Grapplers (7-12 yrs) 5:15pm-6:00pm		Jr. Grapplers (7-12 yrs) 5:15pm-6:00pm	Mat Munchkins (3-5 yrs) 5:00pm-5:30pm	GC Reflex Development 1:00pm-2:00pm
Gracie Combatives 6:00pm-7:00pm	Private Lesson 6:30pm-7:30pm	MC Technique (No-gi) 7:05pm-8:00pm	Gracie Combatives 5:30pm-6:30pm	Gracie Combatives (Bring-a-Friend Class) 2:00pm-3:00pm
MC Technique 7:00pm-8:00pm	Private Lesson 7:30pm-8:30pm	MC Fight Simulation 8:00pm-8:30pm	GC Reflex Development 6:30pm-7:30pm	Women Empowered (Bring-a-friend Class) 3:00pm-4:00pm
MC Fight Simulation 8:00pm-8:30pm	Private Lesson 8:30pm-9:30pm	Gracie Combatives (Bring-a-friend Class) 8:30pm-9:30pm	MC Fundamentals 7:30pm-8:30pm	Women Empowered Reflex Development 4:00pm-4:30pm
MC Sparring 8:30pm-9:00pm			MC Sparring 8:30pm-9:00pm	

10-Day Free Trial – Satisfaction Guaranteed!

At most jiu-jitsu schools, they'll let you try one class before you sign up. At our school, we prefer that you try our programs for 10 days before you make an enrollment decision. Assuming you love everything about our school, you can enroll after the trial period. If it's not *exactly* what you're looking for, you won't be charged for anything. No experience is necessary, and you will love the classes – we guarantee it. Speak to a team member about starting your 10-day free trial today!

www.rgjj.com.au | 366 Belgrave-Gembrook Rd, Emerald VIC 3782 | 0411 444 110 | Info@rgjj.com.au

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